



Freedom of Information request & West Norfolk CCG response

WN-2016-00163 – Oral Nutritional Supplement Recommendations for CCG’s

I am looking for information regarding the first line Oral Nutritional Supplement type (Powder/Liquid) recommended by the formulary for the following CCGs:

NHS NORTH NORFOLK CCG
NHS SOUTH NORFOLK CCG
NHS WEST NORFOLK CCG
NHS NORWICH CCG

I am also looking to find out which brands are stocked by each CCG.

Please see below.

5. Nutrition	
5.2 Enteral Nutrition	
<p>Nutrition support should be considered in people who are malnourished, as defined by any of the following:</p> <ul style="list-style-type: none"> - a BMI of less than 18.5 kg/m² - unintentional weight loss greater than 10% within the last 3–6 months - a BMI of less than 20 kg/m² and unintentional weight loss greater than 5% within the last 3–6 months. <p>MUST Tool should be used to assess risk of malnutrition:</p> <ul style="list-style-type: none"> • People at risk of malnutrition should be given advice regarding food fortification i.e. a ‘Food First’ approach. • People at high risk of malnutrition (e.g. ‘MUST’ score 2 or more), should be recommended to purchase over the counter (OTC) nutritional supplements (e.g. Meritene Energis, Complan), before prescription of oral nutritional supplements (ONS) is considered. <p>Referral to a dietitian should be considered if ‘Food First’ and OTC supplements do not result in improved nutritional intake and/or increased, or stabilised, weight within two to four weeks.</p> <p>A Dietitian’s assessment may indicate the need for a prescribable ONS according to the specific Advisory Committee on Borderline Substances (ACBS) conditions laid out in the NHS Drug Tariff. If prescribed, a maximum of 7 days supply should be issued in the first instance to assess product acceptance and compliance and avoid waste.</p> <p>See CSU Guidelines for food fortification & use of oral nutritional supplements in adults.</p>	

Oral Nutritional Supplements should NOT be used as a replacement for meals but taken between meals, not at mealtimes.				
FOODLINK COMPLETE	Powder shake	7 x57g sachets	1–2 servings a day reconstituted with water or whole milk	Gluten free. Contains lactose. Not nutritionally complete.
COMPLAN SHAKE	Powder shake	4 x57g sachets	1–2 servings a day reconstituted with water or whole milk	Gluten free. Contains lactose. Not nutritionally complete.
FRESUBIN ENERGY	Sip Feed	300kcal / 200ml serving	2 x200ml per day or as recommended by dietician, between meals.	Lactose and gluten free. Not suitable for vegetarians. Nutritionally complete but not sufficient for total daily nutritional requirements.
FRESUBIN JUCY	Sip Feed	300kcal / 200ml serving	2 x200ml per day or as recommended by dietician, between meals.	Lactose and gluten free. Fat free. Not suitable for diabetics. Contains 30% less protein than milk based supplements. Nutritionally complete but not sufficient for total daily nutrition requirements.
Opened, or reconstituted, ONS should be discarded after 24 hours.				